



Fall Newsletter

Did you know BEC has moved?



Tobacco Treatment Trainings 2016-2017

Education & Training for Healthcare Professionals Across Maine

Treating Tobacco Together

2016 - 2017 Trainings

Waterville	Bangor
Saco	Portland
South Portland	Machias
Presque Isle	Augusta
Auburn	Belfast

These trainings are brought to you by the MaineHealth Center for Tobacco Independence, a division of the Maine Center for Disease Control and Prevention. In partnership with the Partnership for a Tobacco-Free Maine.

Developed by the MaineHealth Center for Tobacco Independence, on behalf of the Partnership for a Tobacco-Free Maine (PTM), these Tobacco Treatment trainings aim to assist health professionals with integrating evidence-based tobacco treatment into their usual practice and provide a foundation to ensure tobacco users across our state have access to effective tobacco treatment to quit tobacco.

We are pleased to share that as of Monday, October 10, BEC is now a program of the MaineHealth Center for Tobacco Independence. Only [our contact information](#) has changed, we will still be providing secondhand smoke and tobacco-free policy support in Maine in our new location.

Thank you for your understanding during our transition, our apologies if we have missed any communication during this time. If you need technical

[FMI on the 2016-2017 Tobacco](#)

assistance or have any questions please reach out to BEC staff via [our new contact information](#).

You can always access resources and links to BEC program environments on our website BreatheEasyMaine.org.

New Resource Announcement: Hookah & E-Cigarette Rack Cards

HOOKAH

Hookah is a water pipe used to smoke flavored tobacco, also called shisha, through cooled water.



A **one-hour** hookah session contains **36 times** more tar than a cigarette.



Hookah's tobacco **flavors** are **appealing** to youth and young adults.



Shisha is a sticky tobacco, usually soaked in honey or molasses. Herbal shisha can be just as toxic as tobacco shisha.



Hookah can be smoked electronically using **hookah pens** or **e-hookah**, and health effects are unknown.



Hookah smoke increases the **risk of disease** including cancer, clogged arteries, heart disease, lung disease and complications during pregnancy.



Sharing a hookah mouth piece increases the risk of spreading **infectious diseases** like tuberculosis, hepatitis, herpes, and the flu.

E-CIGARETTES

These battery powered products heat a liquid that contains nicotine and other chemicals.



E-Cigarettes are also known as **Electronic Nicotine Delivery Systems (ENDS)**. Other types of ENDS can include vaporizers, vape pens, hookah pens and e-pipes.



Nicotine liquids for ENDS are **flavored**, which may increase use by youth.



The **long term health effects** of these products are not known.



Nicotine is **addictive** in any form and **poisonous** in high doses.



ENDS are made to **look like cigarettes**, cigars, pipes, pens and flashlights.



The vapor can release nicotine and **cancer causing chemicals**.

Hookah is **NOT A SAFE ALTERNATIVE** to cigarettes.

ENDS are **NOT APPROVED** as a quit aid by the U.S. Food & Drug Administration (FDA).



Learn more at:
BreatheEasyMaine.org



Learn more at:
BreatheEasyMaine.org

We are pleased to share with you our newest resources two rack cards for the general public with facts about hookah and e-cigarettes. Both of these rack cards can be [viewed on our website](#) to request an electronic pdf please [email us](#).

Congratulations to 33 of Maine's Hospitals!



[Treatment Training offerings.](#)

Clearing the Clouds: Demystifying the Vape Shop



Clearing the Clouds: Demystifying the Vape Shop

September 13, 2016



The **Public Health Law Center** at the Mitchell Hamline School of Law held a webinar titled [Clearing the Clouds: Demystifying the Vape Shop](#) in September.

We encourage our partners looking for more information about vape shops to watch the recording of this webinar.



Share your love of smoke-free and tobacco-free environments all over the state, country or world with us on social media using the hashtag **#BreatheEasy4ME**.

[Email us](#) to request hashtag stickers today!

On September 15, we recognized and celebrated the accomplishments of 33 out of 39 Maine hospitals and four individual Gold Star Champions as part of our 2016 Tobacco-Free Hospital Gold Star Standards of Excellence Program.

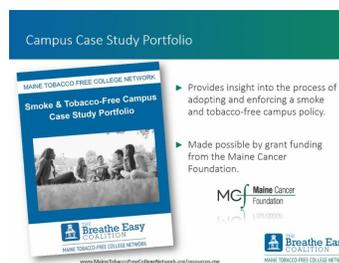
[Check out the full list of awardees and celebration event photos on our website.](#)

Recent Webinar Recordings

BEC conducts an annual webinar series to highlight the great work going on in the state of Maine and provide assistance for our key target environments with adopting policies to protect from the dangers of secondhand smoke and tobacco.

The most recent webinars, along with all previously recorded webinars can always be found on our [YouTube channel](#).

[Learning from our Peers: Tobacco-Free College Case Studies](#)



- Provides insight into the process of adopting and enforcing a smoke and tobacco-free campus policy.
- Made possible by grant funding from the Maine Cancer Foundation.



[Successful Smoke-Free Housing Policy Change: Lessons Learned from the Field](#)

BEC is here for you

We are here to provide technical assistance with policy development, adoption, implementation and ongoing enforcement and maintenance of smoke and tobacco-free policies. We also have many educational resources on our website including [factsheets](#), [infographics](#), [policy templates](#) and [more](#). If you have any questions or would like more information, please do not hesitate to contact us.

If you have a success story from your community to share in future editions of this newsletter, please send them to us.

Sincerely,
BEC Staff

BreatheEasyMaine.org | (207) 662-5888



[Take the Smoke-Free Home Pledge](#) and encourage others to do it to! Pledge to protect your family, friends and neighbors safe from the dangers of secondhand smoke.

Be sure to include your address if you want a smoke-free fun kit mailed to you.



The Breathe Easy Coalition of Maine's mission is to reduce exposure to secondhand smoke through the promotion of strong voluntary policies that lead to reduced tobacco use and tobacco-free living throughout Maine. The efforts of the Breathe Easy Coalition of Maine are made possible through funding and support from the Partnership For A Tobacco-Free Maine, Maine CDC/DHHS.

STAY CONNECTED



